

Cucumber Sauce

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh cucumbers, peeled, seeded	1 lb 10 oz		3 lb 4 oz		1. Grate cucumbers using a food processor or a grater. Place grated cucumbers in colander, and press to remove juice.
*Fresh onions, minced	2 oz	? cup	4 oz	? cup	
Reduced calorie salad dressing	8 oz	1 cup	1 lb	2 cups	2. In a separate bowl, mix together the rest of the ingredients.
OR	OR	OR	OR	OR	
Lowfat mayonnaise	8 oz	1 cup	1 lb	2 cups	
White vinegar		2 Tbsp 1 tsp		¼ cup 2 tsp	
Lowfat plain yogurt	1 lb	2 cups	2 lb	1 qt	
Dried parsley		2 Tbsp		¼ cup	
Salt		¼ tsp		½ tsp	
Ground black or white pepper		¼ tsp		½ tsp	

- 3.** Fold cucumbers into mixture.
- 4.** Chill at least 2 hours before serving.

Notes
<p>*See Marketing Guide.</p> <p>Special Tips:</p> <p>1) For a quick Cucumber Sauce, add 1 lb 10 oz grated cucumbers to 3 cups of Ranch Dressing (E-19) for 50 servings. For 100 servings, add 3 lb 4 oz grated cucumbers to 1 qt 2 cups of Ranch Dressing.</p> <p>2) For best results, to develop flavor, prepare the night before.</p>

Marketing Guide		
Food as Purchased for	50 Servings	50 Servings
Cucumbers	2 lb 1 oz	4 lb 2 oz
Mature onions	3 oz	6 oz

Serving	Yield	Volume
2 Tbsp (1 oz ladle)	50 Servings: about 3 lb 2 oz	50 Servings: about 1 quart 2 ½ cups
	100 Servings: about 6 lb 4 oz	
		100 Servings: about 3 quarts 1 cup

--

Nutrients Per Serving					
Calories	20	Saturated Fat		Iron	
Protein	1 g	Cholesterol	2 mg	Calcium	20 mg
Carbohydrate	2 g	Vitamin A	31 IU	Sodium	58 mg
Total Fat	1 g	Vitamin C	1 mg	Dietary Fiber	